

Highlight Reel Self-Hypnosis

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Go through the pictures on your phone or in an old photo album.

Build a “HIGHLIGHT REEL” for when you need the visual stimulation the most. Isn’t it interesting that we tend to store pictures of the best times in our lives...those times when we have access to resources that lead to success.

You still have all of those resources...sometimes you simply need a reminder.

As you look back on your positive memories...notice what attributes you were utilizing.

Here is an example of one of my Highlight reels. (You can have as many as you want!)

*I see Courage and Curiosity. A drive to succeed.
The joy of teamwork and companionship. The
desire to coexist with nature. The ability to put
myself out there and just do it!*



In your own Highlight Reel, you can find many positive resources to apply to current situations. It is also an excellent reminder of how you create success in your life. As you dwell on your own positive resources, you naturally shift from a problem mindset to a resourceful state. Then, it is much easier to access the thinking that leads to solutions.

Use this technique to empower yourself and your clients.

The more you stay in touch with your life’s HIGHLIGHTS, the more access you have to your own resources for survival and success.

Examine your Highlight Reel as often as necessary to pivot into a better-feeling state.

Flag those highlights in your memory for quick review when you need them the most.